## **ALLYN-RIFORD POOL SCHEDULE**

**Effective** 1/5/2026

9	MON 1/5	TUE 1/6	WED 1/7	THUR 1/8	FRI 1/9	SAT 1/10	SUN 1/11	
<b>5:00</b>	1/5	1/6	1//	1/8	1/9	1/10	1/11	5:00
6:00	Laps		Masters (lanes 3- 5)/Laps (lanes 1-2 & 6)		Masters (lanes 3-5)/Laps (lanes 1-2 & 6)			6:00
7:00			Laps		Laps	Laps		7:00
<b>7:15</b> 7:30 7:45	Break 7:15-	Laps	Break 7:15-	Laps	Break 7:15-	<u> </u>	Laps	7:30
8:00	Laps		Laps		Laps	AHS Swim Team (lanes 5&6)/Laps		8:00
8:30 8:45 <b>9:00</b>	Break 9-9:15	Break 8:30-	Break 9-9:15	Break 8:30-	Break 8:30- Deep Water	300)/ Lup3	Laps/Masters (lanes 4-6)	8:30 <b>9:00</b>
9:15 9:30	Aquacize	Aqua HiIT	Aquacize	Aqua HiIT	Bootcamp/Aqu acize (9:15 start)	Laps		9:30
<b>10:00</b> 10:15	Break 10-10:15		Break 10-10:15		Break 10-10:15			<b>10:00</b> 10:15
11:00	Laps	Laps	Laps	Laps	Laps		Laps/Family	11:00
11:15 11:30 11:45	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Laps/Family		
Noon	Laps	Laps	Laps	Laps	Laps			Noon
1:30 PM 1:45 PM 2:00	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family			1:00 1:30 2:00 2:30 PM
2:45 PM <b>3:00</b>	Break 3-3:15	Break 3-3:15	Break 3-3:15	Break 3-3:15	Break 3-3:15			2:45 PM <b>3:00</b>
3:15 3:30 3:45 PM 4:00		AHS Swim Team	Laps/Family	AHS Swim Team	AHS Swim Team		<u>Laps:</u> lap member swimmers of any age.	3:45 PM 4:00
F.00	Break 4:45-5	Break 4:45-5	Break 4:45-5	Break 4:45-5	Break 4:45-5		Adult For	F.00
<b>5:00</b> 5:45					Laps/Family		adult members only <u>Family</u> : Open swim for all	5:00
<b>6:00</b> 6:30 PM	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team		members.	<b>6:00</b> 6:30 PM
7:00						Children under 6 yrs old must be within arm's reach of		7:00
7:30 8:00						children 6-7 m in the pool area a	7:30 PM <b>8:00</b>	
8:30						accompanied by	a lifejacket, or be y an adult within e water. <b>Children</b>	3.00
9:00						under 5' who deep-end to accompanied by	cannot pass the est must be y an adult within e water or wear a	9:00

## **EMERSON POOL SCHEDULE**

Effective 1/5/2026

	MON 1/5	TUE 1/6	WED	THUR 1/8	FRI 1/9	SAT 1/10	SUN 1/11	
5:00	1/5	1/6	1/7	1/8	1/9	1/10	1/11	5:00
6:00								6:00
7:00								7:00
7:30		ı		1		T		7:30
7:30	l a		Laura		1			7:30
8:00	Laps		Laps		Laps			8:00
8:30						-		8:30
	Deep Water		Deep Water		Deep Water			0.50
9:00	Fitness		Fitness		Fitness			9:00
9:30						1		9:30
10:00								10:00
10:30								10:30
11:00								11:00
11:30								11:30
N								
Noon								Noon
12:30								12:30
1:00								1:00
1:00								1:00
1:30 PM								
2:00								2:00
2.00								2.00
2:30								
2:45 <b>3:00</b>								3:00
							<u>Laps</u> : lap	
3:30							member	
4:00							swimmers of any age.	4:00
							Adult - For	
4:30							adult	4:30
5:00							members only	5:00
5:30	Laps/Family	Laps/Family	Laps/Family	Laps/Family			Family: Open swim for all	5:30
5:45							members.	
6:00		Agualliah /		Agualliah /		CI II I		6:00
		AquaHigh/ DWF		AquaHigh/ DWF		Children under of within arm's reach of		
						in the water. Child	ren 6-7 must have	
7:00						an adult in the poo deep-end test, wea		7:00
						accompanied by an	adult within arm's	
						reach in the water.	Children under 5'	
8:00						who cannot pass must be accompa		8:00
						within arm's reach i	n the water or wear	
0.00						a lifeja	acket.	0.00
9:00								9:00